Garlic and Black Bean Beef
with Steamed Jasmine Rice

Whip up this takeaway classic in a flash. Stir-fry beef strips and a trio of colourful veg, toss in a lip-smacking black bean sauce, then tumble over jasmine rice.

🕑 25 minutes 🍴 2 Servings

1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.

2. Prep veggies

Meanwhile, cut the **capsicum** into 2cm chunks. Peel the **carrot** and quarter lengthwise, then thinly slice. Thinly slice the **onion**.

3. Stir-fry beef

Separate the **beef stir-fry**. Heat **1 tbs vegetable oil** in a large frypan over high heat until very hot (see Kitchen 101). Stir-fry the beef for 1-2 mins until browned. Remove from the pan.

4. Stir-fry veggies

Heat **1 tbs vegetable oil** in the same pan over medium-high heat. Stir-fry the **capsicum**, **carrot** and **onion** for 2-3 mins until slightly softened. Add the **black bean sauce** and **60ml (¼ cup) water** and cook for a further 2 mins or until the veggies are tender and the sauce is slightly reduced.

5. Serve up

Add the **beef** and toss to combine. Remove the pan from the heat. Taste, then season with **pepper**. Divide the **rice** among bowls, top with the **beef stir-fry** and enjoy!

6. Make it yours

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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